

## Anal Rectal Endoscopic Ultrasound (EUS)

- Your appointment is on: (date) \_\_\_\_\_ (time) \_\_\_\_\_
  - YOU MUST ARRIVE AT: \_\_\_\_\_ (One hour before scheduled time)
- With Sedation                       Without Sedation

**What is the test?** You will be having a test called an anal rectal endoscopic ultrasound, or EUS. Endoscopy is a procedure that enables a physician to look inside your gastrointestinal tract using a flexible tube with a tiny light and video camera at the end (an endoscope). The difference between an endoscopy and an endoscopic ultrasound (EUS for short) is the addition of an ultrasound probe at the tip of the endoscope.

The ultrasound probe is placed against the tissue or area the physician would like to see more closely. The ultrasound endoscope is able to transmit two images onto TV monitors: the image of the inside lining of the digestive tract and a detailed image of the surrounding tissue and digestive organs. With the combined endoscope and ultrasound technologies, digestive organs (esophagus, stomach, small intestine and large intestine/colon) can be viewed, as well as the organs that lie next to the digestive tract (heart, lungs, liver, spleen, pancreas, gallbladder, bile ducts and prostate gland).

**How should I get ready?** To prepare you for this examination, you will need to use two fleet enemas, one the night before the test and one 2 – 3 hours before the procedure. Follow the package directions.

**If your exam is in the morning, DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.** Your stomach must be empty of food so that the doctor can see clearly.

**If your exam is in the afternoon,** you may have a clear liquid breakfast. Clear liquids include broth, Jell-O, clear soda, tea, fruit juice and water. As a general rule, if you can see through the liquid, it is OK to consume. Do not eat or drink anything red, i.e. Jell-O or cranberry juice.

**What else should I know?**

1. If you are diabetic, do not take your usual dose of insulin or oral medication on the day of the test. Check with your primary care physician about your insulin and oral medication dose. It is a good idea to bring your insulin and a syringe with you to the exam.
2. If you take blood pressure, heart, asthma or seizure or other medicines in the morning, you may take them with small sips of water at 6 a.m. on the day of the test.
3. If you are taking any of the following medications, please check with your Primary Care Physician. **We request that you be off your medication for 5 days if your physician agrees to it.** You can take Tylenol for pain.
  - Aspirin, Plavix, ibuprofen, arthritis or non-steroidal medications (in other words – any over the counter painkillers or prescription pain killers such as Celebrex, Vioxx or Bextra.

- Coumadin or any other blood thinners, including baby aspirin.
  - Herbal medications, supplements or iron pills.
4. Be sure that you know the names and doses of your medications or that you bring a list of your medications with you to the exam.
  5. Please bring any CT or ERCP films from any outside hospitals with you to your procedure.
  6. Be sure that you tell the doctor or nurse if you have a heart murmur, an artificial heart valve or any artificial joints, or if you are pregnant.
  7. If you are having the procedure **WITH SEDATION**, please arrange to bring a friend or family member with you to the exam. **YOU WILL NOT BE ALLOWED TO DRIVE YOURSELF HOME AFTER THE EXAM. YOU CANNOT USE PUBLIC TRANSPORTATION AND MUST BE ACCOMPANIED BY AN ADULT. IF YOU DO NOT HAVE SOMEONE TO ACCOMPANY YOU HOME AFTER THE EXAM, YOU WILL HAVE TO RESCHEDULE. NO EXCEPTIONS.**
  8. If you cannot keep your appointment, please call at least 72 hours in advance. Call 312-942-5861 to cancel or reschedule.

**On the day of the test.**

Plan to arrive **ONE HOUR** before your scheduled appointment time, so that you can register at the Outpatient Registration desk: 4th Floor, Atrium Building, 1650 W. Harrison St., Chicago. You will need to have proof of insurance.

Let the registration staff know you are having an EUS. After registering you will be directed to Interventional Radiology, where they will admit and recover you.

**If you do not have someone with you to drive or escort you home after the test, you will have to reschedule.**

**The exam**

For the test, you will undress and put on a hospital gown. The nurse will ask you questions about your health and then place a needle (IV) in your hand or arm. You will need to sign a permission slip that will allow the doctor to perform the exam. The nurse will help you onto a cart and you will be taken to the X-ray department. You will be instructed to lie on your left side or abdomen. The doctor will give you medicine through the IV, which will make you relax and feel sleepy. The nurse will be monitoring your blood pressure, heart rate and breathing.

You may feel bloated or need to pass gas during the test because the doctor uses air to inflate the colon so he can see clearly. You will feel better after you belch or pass gas. After the procedure, you will be taken to the recovery area.

**After the exam**

It will take you about 30 to 45 minutes to wake up from the medicine. You will be in the recovery area, where a nurse will be monitoring your blood pressure, heart rate and breathing. The doctor will discuss the results of the exam with you once you are awake. You will receive instructions to take home with you.

**Questions?**

If you have any questions, please do not hesitate to call us at 312-942-5861.